

Weekly Class Attendance

Yoga & Dance

Maximum 20 placements per class

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio	Studio	Studio	Studio
7.00 AM	New Gentle Yoga Flow		2 Ashtanga	New Yoga Essentials			
8.00 AM						3 Dynamic Yoga Flow	
9.00 AM						New Barre	
10.00 AM	3 Yoga Progressive		2 Dynamic Yoga Flow	New Ashtanga		3 Zumba	4 Yoga Progressive
11.00 AM							
12.00 PM		New Ashtanga	New Barre	2 Dynamic Yoga Flow		New Yoga Open 30°C	
5.00 PM							
5.30 PM	4 Yoga Progressive	New Dynamic Yoga Flow	3 Zumba		New Yoga Open 30°C		
6.30 PM	3 Zumba	3 Yin Yoga	5 Dynamic Yoga Flow	4 Yin Yoga			2 Yin Yoga
7.30 PM		New Coti - Barre	4 Yin Yoga				

Pilates

Maximum 20 placements per class

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Location	Studio	Studio	Studio	Studio/Virtual	Studio	Studio	Studio/Virtual
6.30 AM		4 Fusion Reformer			4 Fusion Reformer		
8.00 AM						7 Reformer Pilates Flow	
9.00 AM						9 Reformer Pilates Flow	New Reformer Pilates
10.00 AM	12 Reformer Pilates Flow	18 Reformer Pilates Flow	18 Reformer Power Pilates	New Reformer Pilates Flow	17 Fusion Reformer	15 Reformer Pilates Flow	Unlimited Virtual Mat Pilates
11.00 AM	5 Reformer Pilates Flow		5 Reformer Power Pilates	Unlimited Virtual Mat Pilates			
12.15 PM	10 Reformer Pilates Flow	9 Fusion Reformer	10 Reformer Power Pilates		11 Fusion Reformer		
12.15 PM							
5.30 PM	18 Reformer Pilates Flow	7 Reformer Pilates Flow	16 Reformer Pilates Flow	6 Reformer Power Pilates			
6.30 PM	6 Reformer Pilates Flow	10 Fusion Reformer	8 Reformer Pilates Flow	New Reformer Power Pilates			
7.30 PM	7 Reformer Pilates Flow		7 Reformer Pilates Flow				